

2019-2020 FLU UPDATE

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KentuckyPublicHealth
Prevent. Promote. Protect.

2019-2020 FLU SEASON UPDATE

- For MMWR Week 49 (December 1 through December 7, 2019):
 - **WIDESPREAD ACTIVITY** (first time this season)
 - **511** lab-confirmed cases bringing the season total to **1,622** cases
 - **1** long-term care facility outbreak – season total is now **2**
 - **4** deaths – **all adults** with multiple comorbidities

GROUPS THAT NEED SPECIAL ATTENTION

- **Elderly**
- **People of Any Age who have Chronic Conditions**

CORRELATION BETWEEN FLU AND ITS EFFECT ON CHRONIC CONDITIONS

- Adults are **6-10 times more likely to suffer a heart attack** within the first week after having lab-confirmed flu.
- Adults were shown to be **8 times more likely to suffer a stroke** in the first 3 days after having lab-confirmed flu.

ESTIMATES OF THE EFFECTIVENESS OF FLU VACCINE IN PREVENTING ACUTE MYOCARDIAL INFARCTION (AMI)

CORONARY INTERVENTION	INTERVENTION EFFICACY/EFFECTIVENESS AGAINST AMI
Smoking cessation	32%-43%
Statins	19%-30%
Antihypertensive drugs	17%-25%
Influenza vaccines	15%-45%

IN A STUDY OF PEOPLE WITH DIABETES, FLU MAY BE ASSOCIATED WITH

- **3 times** the risk of hospitalization
- **4 times** the risk of ICU Admission
- **2 times** the risk of Death

FLU VACCINE REDUCED HOSPITALIZATION AND DEATH IN PEOPLE WITH TYPE 2 DIABETES

DISEASE	REDUCTION
Stroke	30%
All-Cause Death	24%
Heart Failure	22%
Acute Myocardial Infarction	19%
Pneumonia or Influenza	15%

REFERENCES

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